



Dried Parsley

FOOD.BRAND

FOOD.CATEGORY

Vegan

Dried Parsley

Nutrients

CALORIES	41 kcal (per 100g)
PROTEIN	4.4g (per 100g)
FAT	0.4g (per 100g)
CARBOHYDRATES	9.0g (per 100g)
FIBER	4.2g (per 100g)

David Janitzek Diets
Premium
Krumbacher Straße 26
86424 Dinkelscherben,
Germany
VAT ID: DE453108867

Contact:
Email: support@dietspremium.com
Tel.: +49 1520 744 5675

Web:
dietspremium.com

Bank Details
Bank: Deutsche Bank
IBAN: DE26 7207 0024 0064 1910 00
SWIFT (BIC): DEUTDEDB720

Detailed Nutrient List



FAT	0.4 g
IRON	5 mg
ZINC	0.98 mg
FIBER	4.2 g
SODIUM	39 mg
COPPER	0.61 mg
VITAMIN B3 (NIACIN)	1.4 mg
PROTEIN	4.4 g
CALCIUM	193 mg
SUCROSE	0.1 g
VITAMIN B1 (THIAMIN)	0.11 mg
MAGNESIUM	69 mg
POTASSIUM	695 mg
MANGANESE	0.42 mg
VITAMIN E	3.16 mg
VITAMIN C (ASCORBIC ACID)	177.7 mg
VITAMIN A	902 µg
PHOSPHORUS	84 mg
VITAMIN B6 (PYRIDOXINE)	0.16 mg
VITAMIN B2 (RIBOFLAVIN)	0.28 mg
CARBOHYDRATE	9 g
FATTY SATURATED	0.04 g
FATTY MONOUNSATURATED	0.01 g

David Janitzek Diets
 Premium Diets
 Krumbacher Straße 26
 86424 Dinkelscherben,
 Germany
 VAT ID: DE453108867

Contact:
 Email: support@dietspremium.com
 Tel.: +49 1520 744 5675

Web:
 dietspremium.com

Bank Details
 Bank: Deutsche Bank
 IBAN: DE26 7207 0024 0064 1910 00
 SWIFT (BIC): DEUTDEDB720

FATTY POLYUNSATURATED

0.19 g

WATER

8.5 g



FOLATE	152 µg
VITAMIN K	1640 µg
CHOLESTEROL	0 mg
SUGAR	0.85 g
SALT	0.1 g
LUTEIN + ZEAXANTHIN	13610 mg
BETA-CAROTENE	11000 µg
ASH	9.8 g
OMEGA 3	0.03 g
OMEGA 6	0.16 g

pdf.export.disclaimer

David Janitzek Diets
Premium
Krumbacher Straße 26
86424 Dinkelscherben,
Germany
VAT ID: DE453108867

Contact:
Email:
support@dietspremium.com
Tel.: +49 1520 744 5675

Web:
dietspremium.com

Bank Details
Bank: Deutsche Bank
IBAN: DE26 7207 0024 0064 1910 00
SWIFT (BIC): DEUTDEDB720